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BARTENDER
OF THE WEEK

Sara



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Editorial
EDITOR Pete Kotz
MANAGING EDITOR Hannah Sayle
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NEWS EDITOR Mike Mullen
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ARTS EDITOR Jessica Armbruster
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COPY CHIEF Bridgette Reinsmoen
PROOFREADER Bryan Miller
CLUBS EDITOR Erik Thompson
CONTRIBUTING WRITERS
Jerard Fagerberg, Jay Gabler,
Tony Libera, Michael Madden,
Erica Rivera, Sheila Regan
CONTRIBUTING PHOTOGRAPHERS
Galen Fletcher, Alma Guzman,
Lucy Hawthorne, E. Katie Holm,
Shelly Mosman, Tony Nelson,
Colin Michael Simmons

Art
ART DIRECTOR Emily Utne

Production
DESIGN MANAGER Dana Holmay
GRAPHIC DESIGNER Jackie Kilmer

Publisher
Mary Erickson

Advertising
SALES DIRECTOR Leah Parkinson
SENIOR ACCOUNT EXECUTIVES
Leah Carson, Kevin Lenhart,
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MARKETING INTERN Molly Kwakenat

Business and Administration
FINANCE MANAGER Bernadette Botoshe
STAFF ACCOUNTANT Du Nguyen Ho

City Pages
800 1st St. N., Ste. 300,
Minneapolis, MN 55401
PHONE 612.375.1015 FAX 612.372.3737
E-MAIL adinfo@citypages.com
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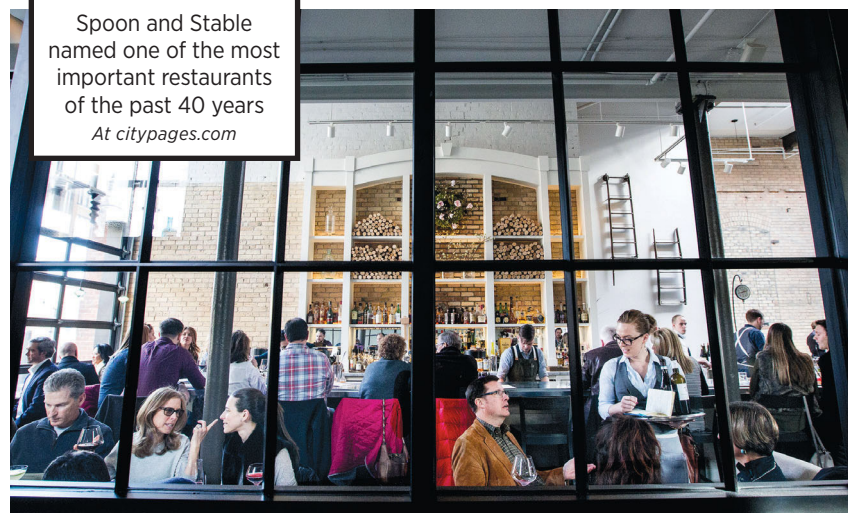
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THE STAT SHEET

1

The Vikings' ranking among the
NFL's most tortured fan bases,
according to Yahoo Sports

\$8.2 million

Amount Congressman Erik Paulsen
(R-Eden Prairie) has taken from
special interest groups

2

Minnesota's ranking for the
best community college systems,
following South Dakota

36%

Donald Trump's approval rating among
African Americans, up from just
19 percent at this time last year

**"The groundhog has seen its shadow
more times the past seven years than
Erik Paulsen has seen his constituents."**

Reader Matthew Martin responds to
"Erik Paulsen wants your vote, but refuses
to debate for it," at citypages.com.

OOOOOPS!

MINNESOTA'S JOHNNA HOLMGREN, author
of the Fox Meets Bear blog, has made a name
for herself as a natural-mom lifestyle writer.
But that life went awry with her new book,
Tales from a Forager's Kitchen.

Holmgren included recipes for raw elder-
berries and morel mushrooms. What she
neglected to note is that both are toxic when
not cooked. After readers noticed the obvious
risk of mass poisoning, Rodale Books yanked
copies from the shelf and tried to scrub any
mention on the internet.

The episode serves as yet another warn-
ing for those who wish to short-arm their
knowledge of science. As Holmgren notes in
her semi-apology: "I am not a health profes-
sional, medical doctor, nor a nutritionist."

POPULAR STORIES

AT CITYPAGES.COM

Minneapolis restaurants ask:
Would you please use
GENDER-NEUTRAL PRONOUNS
when addressing the staff?

See new renderings of
north Minneapolis' planned
RIVERSIDE AMPHITHEATER

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THE MIGHTY FALL

Kevin Spacey film earned just \$10 in Minnesota last weekend

Only one person saw *Billionaire Boys Club* in the state of Minnesota on Friday.

The film, which opened last weekend, earned a mere \$126 nationwide on opening day, and \$10 of that came from a screening at Lakeville 21. Only eight theaters across the U.S. carried the movie, and it hit a two-day box office total of about \$287.

For a little perspective: Last weekend's number-one movie, *Crazy Rich Asians*, had a three-day total of over \$25 million.

Billionaire Boys Club was released in the wake of Kevin Spacey's career nosedive. The

actor has been accused of sexual assault and sexual harassment by a number of people, including employees at a London theater where he was artistic director; Richard Dreyfuss' son, Harry, who says he was groped at a party; *Star Trek* actor Anthony Rapp, who has recounted Spacey making inappropriate advances on him when he was 14; numerous bartenders and bar patrons; plus crew members from his Netflix show, *House of Cards*, from which he was fired.

Additional fallout: Director Ridley Scott replaced Spacey with Christopher Plummer in *All the Money in the World*, which required extensive reshoots of some of the film.

The movie earned \$126 on opening day.



VERTICAL ENTERTAINMENT

But the one person who saw Spacey's ill-fated *Billionaire* on Friday isn't necessarily a super fan. The movie has a pretty strong cast, including Ansel Elgort, Taron Egerton, Emma Roberts, Jeremy Irvine, Cary Elwes, Judd Nelson, and Billie Lourd.

The premise is intriguing, too, as it explores the titular Billionaire Boys Club, a real-life Ponzi scheme that preyed on rich kids and turned murderous in the mid-'80s.

If that description intrigues you, don't fret. You don't have to go out in public to see the film. It's also out on video on demand,

which will save you about \$3 and you can fast-forward through any Spacey creepiness. —JESSICA ARMBRUSTER

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Doug the Magnificent

A St. Paul cop saves a life a world away

Doug Whittaker and his three friends had barely set foot in Bangkok when a woman in her mid-20s introduced herself as Veena. She asked them questions about America, and answered theirs about Thailand. They were struck by her excellent English and “sweet demeanor.”

She became something of a tour guide, showing them around town and explaining Thai customs. “She didn’t even really want money for it,” Whittaker recalls.

The trip was Whittaker’s first experience seeing the world, and an eye-opener for a St. Paul beat cop then in his mid-40s. He’s been back three times since—twice on church teaching missions—and has come to take Thai generosity for granted.

“It doesn’t matter where they’re at on an economic scale,” he says. “They will help you. You will never be alone. If they see that you’re lost, they will ask you if you need help.”

He and Veena kept in touch through Facebook. She’d ask about his family, and he’d ask about the tourism industry. Last year, during the “low season” when Thailand is deluged by rain, Veena landed a seasonal hospitality gig in South Korea. She enjoyed it, and wanted a similar opportunity this summer.

On July 28, Whittaker got a message in the middle of the night. “I made a big mistake,” Veena wrote. “I feel ashamed. I am in Bahrain. I believed people I didn’t know. I’m not a good lady anymore.”

Veena had been lured to the Persian Gulf nation with the promise of a temporary hotel job. Instead, a Thai woman and a Bangladeshi man had seized her

passport and luggage, and locked Veena in a room with other Thai women. The couple rented their captives out for use by tourists and businessmen.

“What happens if you say no?” Whittaker asked.

“The boss lady gets mad,” Veena replied.

In messages and a subsequent phone call, Whittaker recognized the same

defeat he’d seen in victims on St. Paul’s streets. To the trafficker, that hopelessness is as good as handcuffing her to a bed.

Whittaker, who’s worked as an investigator since he was promoted to sergeant in 2012, told Veena to keep her hopes up, that she didn’t deserve this fate, and that she needed to get home. He asked what it would take for them to free her. Veena said her captors were keeping her until she paid them 80,000 Thai baht—about \$2,400—an amount that would take her months or years to raise.

“I don’t want anyone to pay for my stupid and foolish mistake,” she wrote Whittaker, asking if he knew anyone in the Middle East who could help. (“She’s picturing Liam Neeson,” Whittaker says.)

Whittaker remained pragmatic, asking Veena to verify that other women had successfully paid their way out, and if she knew her way to the airport.

After several sleepless nights, Whittaker’s fellow cops noticed his fatigue. He told only a few what was keeping him up, and how he was thinking of paying Veena’s ransom. “Doug,” one asked, “are you sure this is legit?”

Whittaker exhibited the stream of back-and-forth messages. They didn’t know her like he did, he said. Thailand has its share

of sex tourists and prostitution, but Veena wasn’t a part of it. If she was turning tricks in Bahrain, he believed, she was someone’s hostage.

“I decided to throw up my hands and act in good faith. I thought if it buys her freedom, it’s the best \$3,000 I ever spent. If I

don’t do it, and then never hear from her again, I’ll never forgive myself.”

Whittaker went to his bank. Before wiring the money, he explained to the tellers exactly what he was doing, and why. They took him at his word; the badge on his hip probably didn’t hurt.

The next morning, Veena sent a screenshot of her bank account, suddenly full of Doug’s money. Another image showed she’d transferred 80,000 baht to a woman with a Thai name. A third showed her plane ticket.

The “boss lady” was angry Veena was leaving so soon. She returned Veena’s lug-



Mike Mullen

gage and passport and threw her into the streets. Her fellow hostages contributed cab fare to the airport.

Whittaker didn’t relax until he got a photo from inside the airport. A day went by with no contact, then another photo arrived with a scene he recognized: the interior of the Bangkok airport.

They’ve been messaging almost every day. Veena keeps thanking Whittaker. He, in turn, gently reminds her to please see a doctor and explain what happened. She can hardly get herself out of the apartment, but promises Whittaker she’ll pay him back.

Last week, she sent a message saying: “Doug, I’m not doing well. I’m trying to move forward. I just want to let you know you saved my life. If I stayed in Bahrain, I think I would be dead today.”

Whittaker says he didn’t do anything extraordinary. “If it was your friend in trouble, you would do the same thing.”

A few days after wiring the money, he went back to the bank to relay his story, that Veena made it back to Thailand. “I’ve never seen anything like it: a bank where the tellers are all crying.”

mmullen@citypages.com

Follow Mike on Twitter: @mikemullen_

“I decided to throw up my hands and act in good faith. I thought if it buys her freedom, it’s the best \$3,000 I ever spent.”

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BY SUSAN DU

Mighty Axe Hops farm sits on sandy loam in Foley, about a half-hour east of St. Cloud. By August's new moon, twisting vines of bushy green hops have engulfed 80 acres of two-story trellises. The cones are dry and springy, thick with the aroma of mellow earth. From a distance, these plants stand out like an alien cloud amid a sea of corn and soy.

The hop market has old roots in the Midwest. Prohibition wiped it out. When beer production picked up again, the sunny West Coast became the new hop basket of America.

Twenty-seven-year-old Eric Sannerud's Mighty Axe is the largest hop farm from Michigan to Idaho. Whereas the typical mega grower in Oregon or Washington sells its harvest to a processor—who then sells it to a broker, who sells it to a marketer—Sannerud hawks straight to brewers in the Twin Cities. His handiwork has shown up at Fair State, Bad Weather, Sociable Cider Werks, and Lake Monster—the “farm” in the farm-to-table equation.

Sannerud grew up in Edina, where not many kids convert to the countryside. His altruistic vision is to reform global food systems, interrupt Minnesota's mammoth monocultures, and heal chemically dependent soils.

It's why he grows nine varieties of hops. And in lieu of a spraying system, he irrigates his rows using a drip line that feeds each plant just as much water and fertilizer as it needs, reducing the chance of chemicals being washed into waterways.

Sannerud thinks often about breathing life back into farm communities. Over the past half-century, farms grew to gargantuan scale, while the number of people working them dwindled. Countless small farmers were squeezed out, concentrating wealth in the hands of Big Ag, which doesn't much care whether there's anyone to deliver the mail, shop at the grocery store, or put kids through local schools.

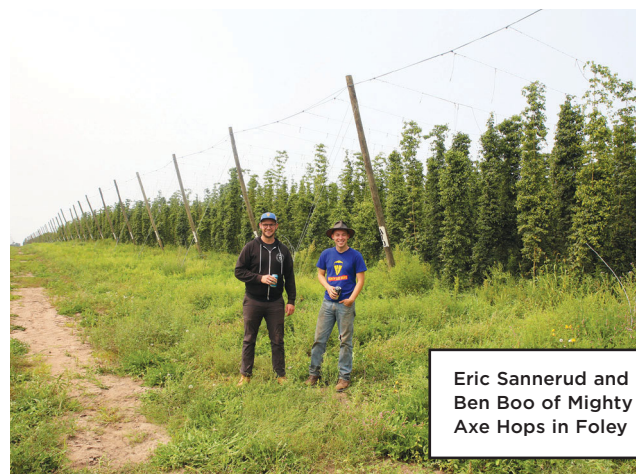
Somewhere along the way, rural and urban dwellers alike forgot that Minnesota's unique brand of populist progressivism requires a mutual alliance, Sannerud says. The countryside feels left behind. He'd like to watch that kinship spark again. “It would be insane and beautiful.”

Sannerud's big-picture imagination is typical of young farmers across the state. Seduced by trading the contrivances of city life for honest, tangible labor, they've rejected corporate jobs and metropolitan convenience to work the land for the first time in generations. Often, they practice radically sustainable techniques. No one is spared toil and strain. Inevitably, reality hones their wildest dreams into a test of self-reliance and betterment.

YOUNG BLOODS

in the Heartland

Beginning farmers are picking a fight with Big Ag



Eric Sannerud and Ben Boo of Mighty Axe Hops in Foley

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SUSAN DU

During Sannerud's first year on Mighty Axe, an early summer hailstorm devastated his entire crop. Nonetheless, he started over. It took three more years to turn a profit, but the dream survived.

"In a world where we're dramatically losing farmers and not backfilling at all, imagine if we could just turn that around."

II. THE NATURE OF THE BEAST

When the first pioneers broke Minnesota prairie, they raised many varieties of crops by tapping into the land's natural fertility. When heavy tillage burned it out, they'd restore that native abundance by raising grass-grazing livestock, whose manure would feed the grains, which would in turn feed the animals in a tight nutrient cycle.

It wasn't until World War II that the same technology used to build munitions allowed for mass production of farm machinery and chemical fertilizer, says Brian DeVore of the Land Stewardship Project, which runs the internationally renowned Farm Beginnings program. Suddenly, farmers no longer had to rely on livestock and crop rotation to build fertility. They could buy it.

At the same time, there was a charge of the big grain traders, including Minnesota's Cargill, to export products for maximum profits rather than raise crops for local markets.

Government policy turned to subsidizing corn and soybeans to the exclusion of all else. The federal crop insurance program, a giant safety net for commodity crops that aren't resilient enough to survive extreme weather and disease, benefits the largest corporate farms.

Overproduction pummeled prices. This allowed U.S. crops to compete internationally while devaluing farm work in a global race to the bottom. To make a living growing corn and soybeans, American farmers need at least 1,000 acres. Small farms were bought up. Houses, grain elevators, and

Organic grain farmer Matthew Fitzgerald of Hutchinson

barns were razed to consolidate fields. These days, much of the countryside is overseen by management companies, which do the bidding of absentee landlords.

"There are some counties in Minnesota where 95 percent of the land is covered in either corn or beans, and nothing else," DeVore says. "The transformation of the prairie ecosystem here in the Midwest is one of the biggest we've ever seen in history."

The small- and medium-scale farmers left are increasingly older. The average age of Minnesota farmers is now 55. Those under 35 make up just 6 percent. It's the same story nationwide.

"Unfortunately in rural communities, there is an attitude among older, retiring farmers that maybe the days of the diversified, small- to medium-sized farm are over, that they're the last of an era," DeVore says. "...And that's a really hard attitude to fight."

III. LIVING ROOTS IN A SICK EARTH

Matthew Fitzgerald is 27, a Carleton College graduate who studied religion and political science. An attraction to thorny issues called him to Seattle, where he became a community organizer for immigration reform. The lure of corporate finance jobs with Thrivent and Cargill brought him back to Minneapolis.

Those experiences gave him an appreciation for the glitter of city lights and the inner workings of big business. Still, he'd daydream about building his own enterprise, something at the intersection of environmentalism, community activism, and the great outdoors.

His parents became farmers in midlife, growing organic corn, wheat, alfalfa, kidney beans, and black beans in Glencoe. He ached to return to the country.

Fitzgerald wasn't sure how he'd strike out

on his own. Land cost up to \$7,000 an acre in west central Minnesota. If he managed to buy any, chances were that he'd have to build his own house, his own grain bin. A decade-old combine cost \$700,000.

It would be impossible for a beginning farmer to compete in conventional grains, so Fitzgerald would also have to go organic.

Conventional farmers could haul their harvest to town and dump it into co-op grain bins near railroad lines. Trains and trucks would carry it seamlessly to ports, where barges would ship it all over the world. Organic farmers must make their own deliveries to far-flung farmers markets, food co-ops, and restaurants.

Despite the daunting barriers to entry, Fitzgerald took out a federal mortgage on a 35-acre slope of land near Hutchinson, about two hours west of the Twin Cities. It was the winter of 2016. The land was as slimy as an ice rink. Melted snow sloshed atop, unwilling to sink through the soil, which had endured years of aggressively tilled corn upon corn.

Corn is ravenous for nitrogen, but it's inefficient at taking it up. About 30 percent of fertilizer applied to cornfields runs off, eventually draining into the Mississippi River, where it travels to the Gulf of Mexico, contributing to a 9,000 square-mile dead zone.

Minnesota is a pivotal part of the problem because it has a short growing season—at most five months. The rest of the time, the land sits bare and brown, exposed to erosion, as chemicals bleed off.

Fitzgerald set out to rehabilitate his land. He planted alfalfa, a winter-hardy plant used for cattle forage. Its expansive root system creates pathways in the soil to encourage the return of earthworms, which improve the earth's ability to hold on to water.

It's an antidote to conventional farming, where fertilizer-addicted soils are producing less, requiring ever more chemicals to maintain harvest levels, leaving farm country lakes too hazardous for swimming.

Healing the land is a long process. Transitioning conventionally farmed soil to certified organic takes three years. Before he gets there, Fitzgerald must grow beans without herbicides and pesticides, without the benefit of selling at premium organic prices.

Fitzgerald lobbies hard on behalf of the Central Minnesota Young Farmer's Coalition, which helped pass a bill last year that provides state tax credits to retiring farmers who transfer land to the hands of the next generation. His success depends on land access for all.

He counts among his friends many young farmers scattered throughout the state. They, too, gravitate toward specialty crops, making ends meet busing tables and tending bar off-season. They turn to YouTube to patch broken equipment.

Twenty-eight-year-old Andrew Barsness took a once-in-a-lifetime opportunity to inherit his grandparents' farm. A generation

removed from agriculture, he nevertheless taught himself the family business using notes his grandfather had written before he died.

Barsness cultivates grains on about 200 acres in Hoffman, where his is the only organic operation. Though no one mocks him to his face, they're not likely to give him the benefit of confidence.

"I think that people naturally doubt the abilities of young people and newcomers and people doing things different, challenging the status quo. I've attracted my fair share of critics."

Yet his immediate neighbors have been indispensable mentors. So he grinds quietly, waking up early and going to bed late, looking forward to the day he breaks even and can support a small family. But as he lives and breathes in his small corner of the earth, he finds supreme tranquility, beauty, and freedom.

"It's an opportunity to preserve and improve the land that I'm responsible for and leave it in a better condition than I found it for future generations," Barsness says. "It's a meaningful way to contribute to society, and I'm proud to be following in the footsteps of my ancestors."

III. HAPPY MEAT

Kandiyohi County in southwestern Minnesota is one of America's largest turkey centers, raising more than 5 million turkeys annually for Jennie-O and Willmar Poultry Company, which process sandwich meat for the world.

In a landscape full of large-scale turkey barns, 32-year-old Siri Gossman is raising four varieties of free-range heritage turkeys on a slice of restored native prairie called Floating Islands Farm. It's located outside New London, a village on a glacial hill with a northwoods feel in the midst of cornfields.

Gossman grew up here, but her family never farmed, and a restless spirit soon carried her to the East Coast, where she attended art school. The economy collapsed as she graduated in 2008, so she traveled the country, apprenticing as a jam maker in Boston, and growing vegetables for a food shelf in Detroit. She spent her winters in Antarctica, washing dishes for the United States' South Pole research base.

The money she saved went into buying turkeys. So she returns to New London each spring, striking a balance between the two halves of her life—the one born for wanderlust, the other a business of her own. By her measure of fulfillment, there's no other way to live.

"Being outside working with animals is the point in my day where I feel like I have the most peace of mind, and where I feel like I'm doing the most good."

On U.S. 52 just outside of Rochester, a herd of dairy cows grazes near a mound of plastic-covered hay bales reading, "With-

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SEP 4-5 • 7 PM

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SEP 16 • 6 & 8 PM

AUG 23
7 PM

Mae Simpson
Band



AUG 24
7 & 9:30 PM

Happy Apple
w/ David King,
Erik Fratzke &
Michael Lewis



AUG 25
7 PM

Alejandro
Escovedo
& Joe Ely



AUG 26
6 & 8 PM

Asleep at
the Wheel



AUG 27
7 PM

A Tribute to
Aretha Franklin
with Jearlyn
Steele & Friends



AUG 28
7 & 9 PM

Poco



AUG 29
7 PM

Global Rights
for Women
Benefit
with Ruthie Foster



AUG 30
7 PM

Roosevelt
Collier



AUG 31
7 PM

Joyann
Parker Band



SEP 1
7 PM

Johnnie Brown
& KJ
(Teddy Pendergrass
Tribute)
with Sounds of Philly



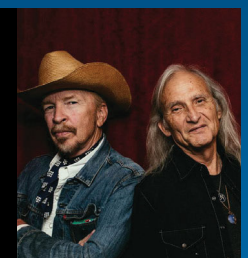
SEP 2: 7 & 9 PM
SEP 3: 9 PM

Mina Moore
presents "Back
to Black: A
Tribute to Amy
Winehouse"



SEP 6
7 PM

Dave Alvin &
Jimmie Dale
Gilmore
(backed by
The Guilty Ones)



SEP 7-9
7 PM

Davina &
The Vagabonds



SEP 10
7 PM

Johnny A.
Just Me...
And My Guitars



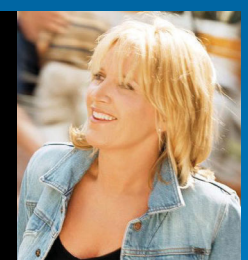
SEP 12
7 PM

Jesse Colin
Young



SEP 13
7 PM

Marilyn Scott
and the West
Coast All-Stars





SUSAN DU

out farming you would be hungry, naked, and sober!" It's dictated in enormous black scrawl, as though anything less would miss its mark.

Further to the southeast lies Nettle Valley Farm in Spring Grove, where Dayna Burtness and Nick Nguyen raise heritage Kentucky Wattle pigs. Burtness grew up in Coon Rapids and helped launch the student farm at St. Olaf College; Nguyen is a Minneapolis-raised computer engineer.

Fifty years ago, Spring Grove was home to an abundance of small hog farmers. Then overproduction of corn and soy drove down the price of livestock feed, and the factory farm was born. According to Food and Water Watch, a farm policy group, unchecked mergers and acquisitions and poor environmental regulation permitted enormous feedlots to proliferate despite their susceptibility to pandemics and the mass production of hazardous waste.

Burtness' farm is as unlikely as it gets. She raises pigs on organic barley, peas, apple cider vinegar, vitamins, and minerals. In the summer they scarf grass and ragweed. In the fall they dine on apples, nuts, and forest forage. When they reach 300 pounds, she drives them to a family slaughterhouse.

Customers go straight to the butcher to pick up their orders of dark red pork. Nettle Valley has a waitlist that extends to next season. This year Burtness will have about 40 pigs going to market.

By contrast, the largest hog factory in nearby Fillmore County has 1,500 hogs. And in April, Iowa swine company Catalpa proposed building a 5,000-head facility.

News of the project brought ripples of fear throughout the region. A factory on that scale would generate more than 7 million gallons of liquid manure annually. Unlike oxygenated livestock manure that makes for quality fertilizer, the volatile pig slurry that factories produce gets hosed into giant waste pits beneath grates where overcrowded, overmedicated hogs spend their entire lives. Once or twice a year, the liquid manure gets injected into fields.

Heritage hog farmer Dayna Burtness of Nettle Valley Farm in Spring Grove

That poses a severe risk, because southeastern Minnesota's "karst" topography has extremely porous bedrock. Should a sinkhole open underneath Catalpa, or its manure pits accidentally spill, all that toxic slurry could drain into aquifers and poison area wells within a matter of hours.

So the neighbors started making calls. Within two hours they'd drummed up 50 people to gather in a church basement. About 800 public comments—the majority in opposition—have been submitted to the Minnesota Pollution Control Agency. An assorted coalition of rural residents, Amish, and conventional and organic farmers of all sizes bused to St. Paul to meet with Gov. Mark Dayton.

Yet their adversaries in Big Pork wield far greater power. The MPCA has yet to order an environmental study.

Burtness never imagined that buying a farm would place her across a trench from a company like Catalpa. All she wanted was to raise pigs, hang out with other farm families, and go to church meatball suppers.

The silver lining is she's part of a community that came together to defend itself, something she never saw in suburban life. Contrary to her parents' fears of isolation, she's never felt closer to her friends.

"It's phenomenal," she says. "It's the best thing I've ever been involved with. I'm in love with all my neighbors. They're smart, dedicated, they research this stuff and they know how to come together."

"Rural people are badassess."

IV. THE POROUS RURAL-URBAN DIVIDE

A shanti Williams and Dusty Hinz live in a tiny house in Canton, in southeastern Minnesota Amish country.

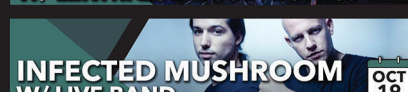
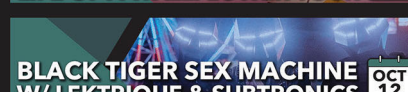
It's completely off the grid, so they use composting toilets, cook on propane burn-

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SUSAN DU

Aimee Haag and Andy Temple
of Rebel Soil

ers outdoors, and bathe under the open sky with a battery-powered shower. Without refrigeration, they eat extremely fresh. They carry water from a well on Badgersett Farm, where they work cultivating chestnut and hazelnut trees, and rearing a flock of Icelandic sheep. Badgersett's owner, Philip Rutter, a meticulous agroforestry scientist, allows them to live on his land for free.

Hinz is a Richfield native, a former coproducer of KFAT's politics and culture radio show *Catalyst*. He eventually left to urban farm in New Jersey, where he founded the nonprofit organization Experimental Farm Network, which collects genetically diverse heritage seeds and connects growers who want to hybridize them.

Williams grew up in the Bronx, working on a half-acre park that had been transformed from a vacant lot into the vibrant Taqwa Community Farm, where she raised chickens.

When she met Hinz on a dating app, he told her right away that he intended to return to Minnesota, where he and his siblings had inherited 35 acres of empty field near Willmar. He planned to develop it into a farm someday. At the time, Williams had been working at Trader Joe's for five years straight. She'd tried to form a union, but it didn't work out. The job became unbearable.

Williams quickly realized that more than their mutual interest in growing things, the Minnesota boy represented a chance for her to get hands-on farming experience at her own pace without having to purchase land first, then figure out how to work it.

Her mother cannot fathom life without running water, and begs her to return to New York. But her grandfather couldn't be prouder to hear about the skills she's learned to survive any situation, even if civilization's unsustainable systems should collapse tomorrow.

Their ultimate dream is to build their own farm, something that perfects what

they've learned at Badgersett. They'd have grazing animals that would provide weed control and nutritious droppings, and trees that would sequester carbon dioxide.

They'd like to blaze a diverse urban-to-rural migration path. Plenty of East Coast friends have the ethic and the gall to farm, but need the land to do so.

"Compared to being in a job I don't feel passionate about, being here has been amazing," Williams says. "Living off the grid sounds harsh, but it's also awesome to take a shower outside and look at the views. Just being on the farm, having no one else around, and being one with nature has been really good for my mental health."

The seemingly impermeable urban-rural divide is an irresistible narrative.

The tale of opioids and poverty, population drain, and the suffering of birthright Americans is so salient that small towns buy into it too, says Ben Winchester, a researcher with the University of Minnesota Extension's Center for Community Vitality.

In truth, the U.S. rural population has climbed 11 percent since the 1970s. Migration patterns show that although young people do drift toward the city, newcomers have been pouring into rural Minnesota's food processing regional centers, reinvigorating and strengthening its economy for some 50 years.

"You just don't see it in a single small town. You have to put a neighborhood together in a sense, and then you'll find the characteristics of a metro, with finance people, tech people, you name it."

The real struggle lives in the open country, where land has been consolidated by large corporations, Winchester says. Some counties have zoning that prohibits small farms because buyers must purchase a minimum of 40 acres.

“What’s that going to cost? Almost half a million in some places, and that’s not even a homestead, your capital for starting a small farm,” he says. “You can’t start small. Really, you’ve got to be fairly large to even begin.”

For many young farmers doing the unofficial work of poking holes in the mythology of intractable differences, change begins with gentle introductions.

Aimee Haag and Andy Temple run Rebel Soil Farm in Litchfield, a postage-stamp lot of 4 acres in western Minnesota, where they grow an array of organic vegetables like edible flowers, microgreens, baby roots, and tomatoes that don’t look like tomatoes, squash that doesn’t look like squash. Once a week they deliver to Birchwood Cafe, the Seward Creamery Cafe, and Tenant restaurant in Minneapolis. They’ve been at it for seven years.

At the biweekly farmers market in Hutchinson, Haag and Temple sell their premium produce alongside retiring conventional farmers who are mostly just looking to trade their excess vegetables for cash. No one has any problem with competition from the new kids in the stall next door, since their prices are twice what everyone else charges.

“The reason we’re out here is that we get to have that face-to-face, direct connection with whomever is going to eat our stuff,” Haag says. “People have realized that, over the years, they can come and ask questions if they want to learn about something new and different, fun and crazy. That’s kind of our role here.”

After their first year, neighbors began to take a shine to them, and have been happy to mentor ever since.

“They want people like us to be set up for success.”

For decades, the Hutchinson farmers market was located in the parking lot of a VFW. The city council elected to build a permanent canopy at the old railroad depot downtown.

One early idea was to introduce food stamps—SNAP and EBT—which Republicans in Congress have proposed cutting by as much as \$25 billion over 10 years.

Farmers weren’t keen on taking food stamps at first, Haag says. Longtime vendors didn’t want to go through the trouble of waiting weeks to be paid. So the farmers market brought in a SNAP and EBT attendant. Farmers soon realized that customers who came bearing food stamps weren’t what they expected.

On Saturday mornings the Depot Marketplace is a portrait of fertility and hope. Seniors from the fixed-income housing complex amble through. Kids swinging tote bags slip underfoot. They’re enrolled in a program called POP—the Power of Produce club—which gives them \$2 in wooden tokens to buy vegetables.

Hunger Solutions, a food access advocacy group, matches every \$10 in food stamps that are spent at the farmers market instead of the

grocery store, and farmers who accept these benefits get discounted rent on their stall.

“Just by having EBT here, the farmers make a little more money,” Haag says. “Since then we’ve had better retention of vendors, customers. People get excited about hav-

“That’s where agriculture is such a unique and powerful arena, because it’s politics, it’s conservation, it’s community, food, and entrepreneurship.”

ing this nice, new thing. There’s space to expand, add more stalls for food trucks, cooking demonstrations. It brings tons of new families to the market.”

V. THE GOOD STRUGGLE

It’s not been an easy year on the farm. For decades American farmers enjoyed a trade surplus with China, which spends more money on soy and hogs than it makes exporting food to the U.S. But with President Donald Trump’s trade war, farmers are taking fire. Skyrocketing steel prices have bloated the cost of machinery and building materials, delaying startups. Farmers have lost \$13 billion in foreign contracts.

Last month Trump announced he’d send \$12 billion in emergency aid their way. But farmers, who hold their independence close to heart, don’t want to be on the government dole.

In Glencoe, where Matthew Fitzgerald’s parents grow organic grains, extreme weather has kept margins thin. An unusually rainy summer washed away a chunk of their crop, though not as badly as some corn operations in southern Minnesota.

When voracious army worms invaded, the Fitzgeralds had 24 hours to devise a plan. They ended up finding an organic spray, but as organic farmers, they had no machine to spread it. They called on their neighbors, conventional farmers who dropped everything to help, even though the Fitzgeralds are lone DFLers in the heart of a county where 65 percent voted for Trump in 2016.

“That’s where agriculture is such a unique and powerful arena, because it’s politics, it’s conservation, it’s community, food, and entrepreneurship,” Fitzgerald says. “We farm very differently from our neighbors, but we have a strong respect for what they do, and I think they would respect what we do.”



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BY DUSTIN NELSON

If you ask 20 people about their favorite part of the Minnesota State Fair, there could easily be 20 different responses. Each would be a reflection of the state and its people. Butter busts, pepperoni chips, John Stamos, and portraits of Prince made from corn kernels, all—for better or worse—tell a story about life in The Bold North™.

The same can be said for State Fair-exclusive drinks, an annual draw for many who spend time stumbling down Dan Patch Ave.

Unfortunately, unless you do something ill-advised, you can't try all 25 rookies. To help figure out which should make your shortlist, I've created an infallible, proprietary system for determining how Minnesotan a beer is.

Each was awarded points based on its bona fides in essential Minnesotan categories like sports references, local ingredients, incorporation of State Fair foods, pandering to the crowd, and ability to stretch the bounds of logic for its inclusion in this list.

Of course, in any survey there's a margin of error. This survey's margin of error is equivalent to the number of combined championships won by the Vikings, Timberwolves, and Wild.

MINNESOTAN BY WAY OF THE MIDWEST

18. *Shandlot Pink Lemonade Shandy* (Bauhaus Brew Labs)

This tier is dedicated to beers that aren't Minnesotan but have some Midwestern credentials. The shandy popularity boom started in western Wisconsin, but that's about as close as the Shandlot is getting to precious (arbitrary) points.

17. *St. Pat's Green Ale* (Finnegans Brew Co.)
Green beer is a St. Patrick's Day staple, so points for Midwestern-ness if only because Chicagoans love to dye shit green. Otherwise, green just reminds Minnesotans of the Packers, and that's... [checks notes] bad.

ADMITTEDLY, IT'S A REACH

16. *Sociable Mimosa or Bellini* (Sociable Cider Werks)

A mimosa made with Sociable's Free-wheeler cider doesn't sound very Minnesotan, but there are hidden depths here. Alfred Hitchcock is credited with popularizing the mimosa as a brunch drink. One of the great Hitchcock actors was New Ulm's Tippi Hedren. It's not tater tot hot dish, but look at the section heading.

15. *Passion Fruit Pils* (Bent Paddle)

THE GREAT GLUG-TOGETHER

New State Fair beers ranked according to how Minnesotan they are



The 18 most Minnseotan are listed here; for all 25, head to citypages.com.

MIKE KRIVIT

The description promises a “tropical experience.” It's clearly not emblematic of a state that wants to rebrand as Winterfell Lite. However, points for two things. 1. The Venture Pils—the base for this beer—has a canoe paddle and a picture of the state on its can. 2. It's not exactly purified in the waters of Lake Minnetonka, but it's brewed with water from the Great Lakes.

14. *LimeLight* (The Freehouse)

Agave, lime, and salt? That sounds damn refreshing. Like the kind of beer Dad would drink while grilling walleye and telling you about how he met the Gear Daddies one time. So light you might have mistaken it for Tim Pawlenty's platform.

13. *Frontier Summer IPA* (Fulton Brewing)

With most IPAs clamoring to be demarcated by coastal preference, Frontier Summer actually sounds like a Midwest IPA. The style defines itself by being the liquid embodiment of Minnesota nice: unassuming and a little bitter.

STATE FAIR-THEMED POINTS

12. *Cake'd Up Celebration Beer* (Mankato Brewery)

Cake? That's not uniquely Minnesotan! Except this is a deep-fried cake-flavored beer. Minnesota didn't invent deep-fried

sweets. We're not the only place that does it. But damn, do we love some deep-fried carbs. Tossing it in a beer just makes good on Pop's assertion that “It's all going to the same place anyhow.”

11. *Caramel Corn Cream Ale* (Finnegans Brew Co.)

It's not quite as Minnesotan as last year's Sweet Corn Ale from Lakes & Legends, but a beer brewed with tons of corn and given a sweet State Fair twist means you can smell the grandstand in your branded Solo cup.

10. *Funnel Cake Cream Ale* (Lakefront Brewery)

It gets a pass for coming from a Wisconsin brewery because, this side of spilling cheese curds in a Bud Light and using the Giant Slide as a beer flume, no beer screams State Fair this hard.

9. *Raspberry Champow* (Bent Brewstillery)

This team-up of white ale, red raspberries, and champagne-varietal grapes was brewed in collaboration with State Fair Gold Medal-winning homebrewer Mike Spores. It's bringing the State Fair's homebrew competition to life. We finally hit a level of Minnesotan-ness where Atmosphere's “Pour Me Another” automatically plays every time you order a beer.

OPE, THAT'S GETTING PRETTY MINNESOTAN THERE THEN

8 & 7. *Horse Apple Ale* (Excelsior Brewing Company) / ***Slipstream Black Currant Apple*** (Sociable Cider Werks)

The Northeast may be more closely associated with orchards and cider, but there's nothing more Minnesotan than privately feeling you've been taken for granted. We birthed the Honeycrisp! Minnesota has excellent apples, naysayer. If you don't believe that, you probably think Olympic hero T.J. Oshie is from Washington state. (Bonus points for eliciting a Warroad reference.)

6. *St. Apple Malted Cider*

(Lakes & Legends Brewing)

See the above argument for ciders, then add spices from Minneapolis Pie.

SO MINNESOTAN IT CALLS WALTER MONDALE “DADDY”

5. *Kirby Pucker #34* (EastLake Craft Brewery)

Points for pandering and a Minnesota sports nod, despite all the, uh... you know...

4. *Juicy LuLuLucy* (Surly Brewing)

This is not, in fact, a cheeseburger-flavored beer. It's a hazy New England-style IPA. But lots of points for a pandering pun. Prince is the only thing Minnesotans talk about with more pride than the Lucy.

3. *The Kloser IPA* (Surly Brewing)

Big points for a #OneOfUs sports reference. Surly collaborated with former Twins pitcher Glen Perkins using one of the Minnesota native's homebrew recipes. Craig Finn could write a song about this beer.

2. *Helles Ya, You Betcha* (Summit Brewing)

So many points to hand out here, it's hard to know where to start. Points for a solid pun. Points for pandering. Points for letting Minnesotans pick the name. Double points for Minnesota-speak. Triple points for being a phrase you're going to hear in the Grandstand during The B-52s. “You havin' a good time?” “Helles ya, you betcha.”

1. *Uffda Ale* (Beaver Island Brewing Co.)

It's tempting to swap No. 1 and No. 2 since Helles Ya is an objectively wonderful name. However, the infallible system doesn't lie. This ale has all kinds of local connections with locally malted grains and actual lefse in the beer. Then it's garnished with lingonberries and a crispy lefse chip. If you put this in a can, the whoosh of air when you crack it open would sound like “Uffda,” and then you'd hear “Here Comes a Regular” playing in the distance. ☑

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SEP 16
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CERAMIC ANIMAL
W/ DRIFTWOOD PYRE, SEAFARER
WEDNESDAY, AUGUST 22

888
W/ THE TRAPPISTINES
THURSDAY, AUGUST 23

DELHI 2 DUBLIN
W/ DPLV
FRIDAY, AUGUST 24

INVIDIOSUS, WITCHDEN, AND OPEN MINDED
SUNDAY, AUGUST 26

HOUSEHOLD AND WEATHERED
W/ AUTHOR, PIERRE
MONDAY, AUGUST 27

THE SMOKES
EP RELEASE PARTY
W/ SPEEDWEED, SASS, STAR CHILD
WEDNESDAY, AUGUST 29

TELAMONES
'UFF DA' RECORD RELEASE PARTY
W/ LAST IMPORT, ANNEX PANDA,
PROPER
THURSDAY, AUGUST 30

KONKRE JUNGLE MPLS PRESENTS DJ DARA
PEACE OUT TOUR
FRIDAY, AUGUST 31

UP NEXT TURF CLUB

RHINO SHRINE AND THE MOONLIGHT COMMUNITY
W/ THE ARCANES
WEDNESDAY, AUGUST 22

BIRDTALKER
W/ SONS OF DAUGHTERS
THURSDAY, AUGUST 23

CHUCK PROPHET & THE MISSION EXPRESS
W/ JEREMY & THE HARLEQUINS
FRIDAY, AUGUST 24

LORD HURON (DJ SET)
W/ DJ PETE SAMPRAS
SATURDAY, AUGUST 25

BLACK PUMAS
W/ LADY MIDNIGHT, PROPER-T
SUNDAY, AUGUST 26

ALEX SCHAAF
'WAVES' ALBUM RELEASE
W/ JØUR, GEORGE HADFIELD,
JENNIE LAWLESS
WEDNESDAY, AUGUST 29

VULGAARI
W/ ULKUM
THURSDAY, AUGUST 30

JACKIE VENSON
W/ KISS THE TIGER
FRIDAY, AUGUST 31

UP NEXT OTHER VENUES

PEDRO THE LION
W/ H.C. MCENTIRE
FINE LINE
WEDNESDAY, AUGUST 22

OLIVIA GATWOOD
W/ JOAQUINA MERTZ
THE CEDAR
SATURDAY, SEPTEMBER 1

AMANDA SHIRES
W/ LEAH BLEVINS
FINE LINE
THURSDAY, SEPTEMBER 6

PROF OUTDOORS 5
W/ LIL B, MONTANA OF 300,
CASHINOVA, AND MORE
CABOOZE OUTDOOR PLAZA
SATURDAY, SEPTEMBER 8

HOT SNAKES
W/ BLAHA, BUTCHER'S UNION
FINE LINE
THURSDAY, SEPTEMBER 13

toe
W/ JACK GRACE
FINE LINE
FRIDAY, SEPTEMBER 14

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A LIST

FRIDAY Hipshaker's sweet 16 p. 23

SATURDAY Beer Dabbler visits St. Paul p. 24

SUNDAY Dog days at Surly p. 25

WEDNESDAY 8.22

COMEDY

TIM SLAGLE

ACME COMEDY CO.

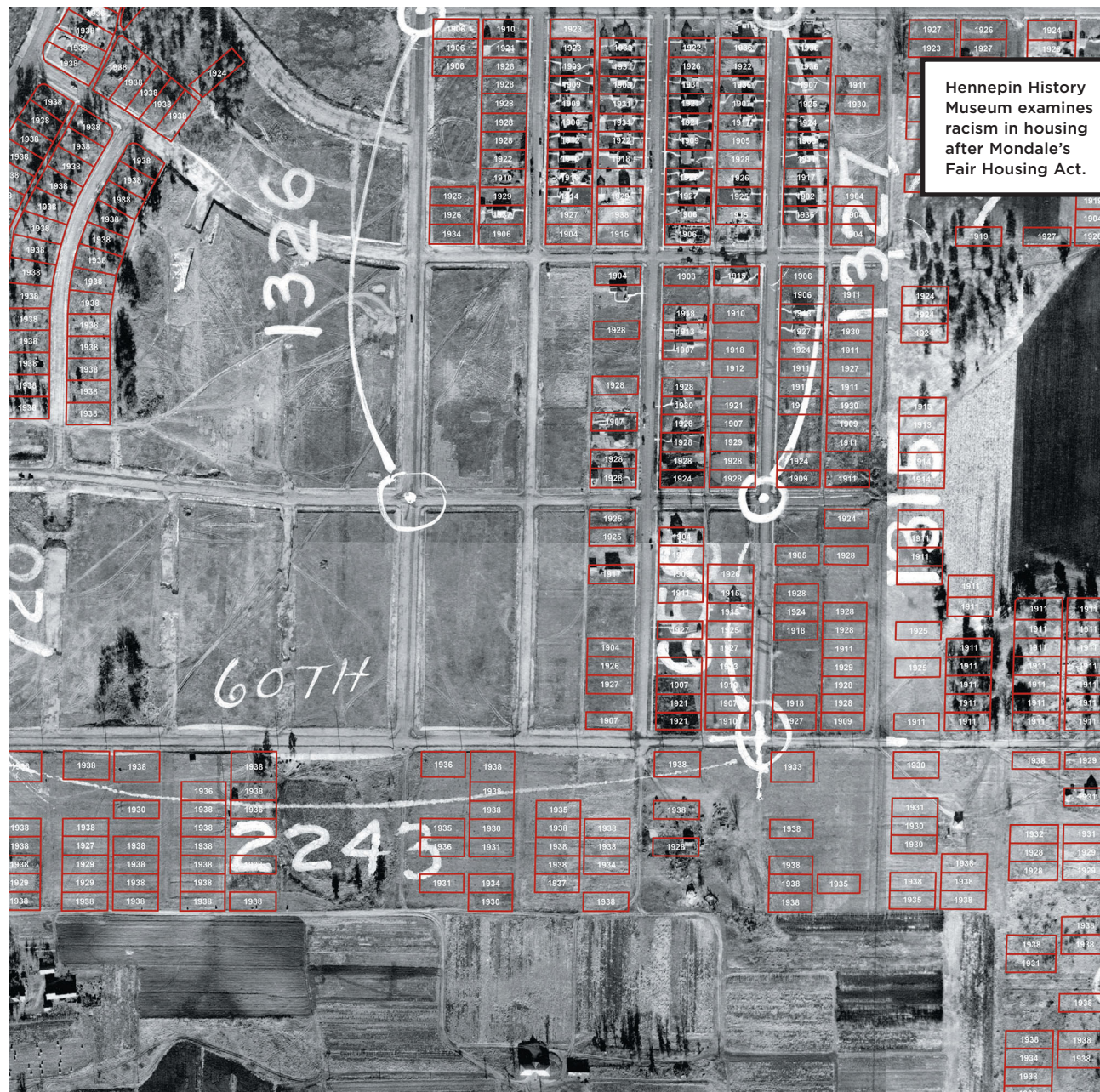
One of Tim Slagle's current projects is the podcast *Rule of Three*, which he co-hosts with fellow comic Bengt Washburn. Together they discuss a variety of topics for 10 minutes each. "We just recorded one while Bengt was at sea," Slagle reports. "He was performing on one of the cruise ships, and he did it from his stateroom." Slagle, who lives in Chicago, has no plans to work the boats. "I read *Typee* by Melville," he explains. In that first novel by the *Moby Dick* author, two sailors jump ship, fearing they are on a ghost vessel that is destined to roam the seas until it finds a whale. "I think there are still ghost cruise ships out there," Slagle insists, "with comics from vaudeville doing a clean show and a dirty show every night for eternity, and they have no idea that the passengers and crew died long ago." When not podcasting or doing standup, Slagle enjoys listening to music. "I bought a new used car, and it was the first one I've ever had with satellite radio." The vehicle came with a free three-month subscription to Sirius/XM and he has been hooked, mostly listening to the '80s New Wave station. "I was always opposed to oldies," he says, "so I hate to admit I'm enjoying the heck out of it... Now I understand what people were doing when they listened to oldies from their past. Those songs are attached to some really great memories." 18+. 8 p.m. Wednesday through Saturday; 10:30 p.m. Friday and Saturday. \$15-\$18. 708 N. First St., Minneapolis; 612-338-6393. **Through Saturday** —P.F. WILSON

TOURS

COMMON ROOM: THE BATHROOM TOUR

SOAP FACTORY

Some tours explore areas people normally wouldn't have access to. Other tours give context to major landmarks. The Common Room



COURTESY OF EVENT ORGANIZERS

series takes a different approach, taking time to question the everyday things we give little thought to. This installment will explore the mundane yet weird world of public restrooms, an oddly loaded public space. Leading the way will be award-winning Halifax author Lezlie Lowe, a noted

bathroom expert, who will explore the grungy, pristine, political, social, and necessary world of public toilets. She'll also be at Moon Palace Books on Friday for a talk on bathrooms with public space adventurer Bill Lindeke. 6:30 p.m. Free. 514 Second St., Minneapolis. —JESSICA ARMBRUSTER

THURSDAY 8.23

ART/TOUR

ELLIOT PARK ART WALK

FINNEGANS

The artsy side of Elliot Park will be showcased at this new monthly

CONTINUED ON PAGE 22 ►

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A-LIST



Summer takes
its last ride at
the State Fair.

COURTESY MINNESOTA STATE FAIR

CONTINUED FROM THURSDAY ►

neighborhood series. Things kick off Thursday with a happy hour at Finnegans. Around 5 p.m., interested folks will depart with the Theater of Public Policy on a narrated tour through the area. Stops along the way will include Gamut Gallery, which is currently hosting abstract art pieces from local group Atelophobia. Good Arts Collective will offer performances and live music, and Punchy Magnolia's studio and showroom, the Cabin, will feature makers, artisans, and adoptable puppies. The event concludes back at the brewery, where the Minneapolis Craft Market will highlight even more local crafters and vendors as revelers drink beer. 4 to 9 p.m. Free. 817 Fifth Ave. S., Minneapolis; 612-454-0615. —JESSICA ARMBRUSTER

FESTIVAL

MINNESOTA STATE FAIR

MINNESOTA STATE FAIRGROUNDS

What's new this year at the Minnesota State Fair? Everything, and nothing—which is exactly the way Minnesotans like it. The ultra-sincere Coliseum contests will be back ("This little lady brought her horses all the way from Moorhead!"). Monsters will still be exhaustedly dancing to "Thriller" outside the Haunted House, and God knows Sweet Martha's anthropomorphic cookies will still be winking coyly, tempting you to take a bite. There will be food debuts, of course. Items this year include PB&J sausage, an ahi tuna poke bowl, and wine slushies. Fairgoers will also bid adieu to a longtime staple that got a little stale: The Robbinsdale OES Dining Hall is becoming a new hub for Pronto Pups.

Meanwhile, the Grandstand will offer nostalgia for every generation, from the '60s (the Beach Boys, aka Mike Love's Beach Boys cover band) to the '70s (Earth, Wind & Fire) to the '80s (Culture Club) to the '90s (311) to 2015 (Niall Horan of One Direction). Find complete details at www.mnstatefair.org. Daily gate hours are 6 a.m. to 10 p.m.; 6 a.m. to 9 p.m. Labor Day. \$9-\$14. 1265 Snelling Ave. N., St. Paul; 651-288-4400.

Through September 3 —JAY GABLER

COMEDY

CHRIS REDD

RICK BRONSON'S HOUSE OF COMEDY

Chris Redd is a standup comedian and featured performer on NBC's *Saturday Night Live*. He's also known for his role as Hunter the Hungry in the mockumentary *Popstar: Never Stop Never Stopping*. "Heaven would be like a *Great Gatsby* party where black people are invited," he tells an audience, recalling a conversation he once had with his cousin. "And they're not just there for work or the dance sequence, but they're kickin' it." A native of Chicago, he is sometimes baffled by how people in warm-weather cities react to a cold snap or sudden burst of wintery weather. "I was in Atlanta a few years ago when they got 2 inches of snow and the whole city was torn," he says. "I was acting a fool in the airport. I was slapping people. They would ask me, 'What's that for?' I'd tell them, 'That's what Chicago wind feels like.'" 16+. 7:30 p.m. Thursday and Friday; 9:45 p.m. Friday; 7 p.m. Saturday and Sunday; 9:30 p.m. Saturday. \$16-\$23. 408 E. Broadway, Mall of America, Bloomington; 952-858-8558. **Through Sunday —P.F. WILSON**

THURSDAY

BOOKS

MARA ALTMAN

MAGERS & QUINN
BOOKSELLERS

Bodies can be disgusting or fascinating, depending on your perspective. Author Mara Altman is on a mission to move the collective take on all things corporeal from “Ick!” to NBD. In her new book, *Gross Anatomy: Dispatches from the Front (and Back)*, she pairs memoir with reportage to examine the entire female body, from chin hairs to hemorrhoids. By laying it all bare, she hopes to eradicate the shame surrounding what are completely natural bodily phenomena, like sweating, vaginal odor, and even belly button lint. While being concerned with body sights and smells might seem trivial at first, getting comfortable talking about the weird things bodies do is crucial to well-being—and even survival. As one colorectal nurse Altman interviewed said, women “literally die of embarrassment” because they refuse to tell their doctors that something’s off. But it doesn’t have to be this way; by encouraging sharing and reframing how bodies are discussed, Altman envisions a culture where bodies are embraced and women aren’t afraid to talk about them when something goes awry. The discussion will be moderated by the Loft’s Steph Opitz. 7 p.m. Free. 3038 Hennepin Ave. S., Minneapolis; 612-822-4611.

—ERICA RIVERA



PABLO MASON

MUSEUM

OWNING UP: RACISM AND HOUSING IN MINNEAPOLIS

HENNEPIN HISTORY MUSEUM

Five decades ago, Minnesota passed landmark legislation authored by Walter Mondale aiming to dismantle racism in housing. For the 50th anniversary of the Fair Housing Act, a new group called Racism, Rent, and Real Estate: Fair Housing Reframed investigates the history of that legislation, and examines how it affects issues we face today. For “Owning Up: Racism and Housing in Minneapolis,” the group has partnered with the Hennepin History Museum for an exhibit revealing the consequences of structural racism, drawing on research done by Mapping Prejudice. The show is curated by Denise Pike and Kacie Lucchini Butcher, two graduate students from the University of Minnesota’s heritage studies and public history program, with help from graphic design students at Augsburg University. There will be an opening reception on Thursday, August 23, from 6 to 8 p.m. Visit brownpapertickets.com to RSVP to the party. 2303 Third Ave. S., Minneapolis; 612-870-1329. **Through January 20, 2019** —SHEILA REGAN

FRIDAY 8.24

BARHOPPING

OLD SCHOOL SURLY BREWERY TOUR

SURLY BREWING

Surly may be known for their enthusiasm for metal music and their monumental Surly Beer Hall in Prospect Park, but it all started in a small abrasives factory in suburban Brooklyn Center. Today, many of the brewery’s beers are still made in the northern suburbs, highlighted by the limited edition BC Small Batch Series. For this month’s BC event, owner and founder Omar Ansari will lead the tour, sharing his experience from startup to an expansive business. Surly will serve five different beers, including 3DH triple IPA, which isn’t in stores until next month, as well as other beers not yet available at the Minneapolis location. Tours are free with a non-perishable food donation, but be sure to RSVP in advance, as tickets are limited. Reserve a spot online at surlybrewing.com/bc-tours. 21+. 6:15 p.m. Free. 4811 Dusharme Dr., Brooklyn Center; 763-535-3330. —LOREN GREEN

CONTINUED ON PAGE 24 ►

1ST ANNUAL
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A-LIST



Beer drinkers dabble in dance at CHS Field.

AARON DAVIDSON PHOTOGRAPHY

CONTINUED FROM FRIDAY ►

PARTY

HIPSHAKER'S 16TH ANNIVERSARY

KITTY CAT KLUB

After 16 years, Hipshaker is still going strong. The monthly dance night champions soul, R&B, and funk deep cuts from the '60s and '70s, all spun via the original 45 rpm vinyl. As one of the longest running events of its kind in the U.S., they're celebrating this weekend with two days of music at their home base, the Kitty Cat Klub. Each evening, Hipshaker founders Greg Waletski, George Rodriguez, and Brian Engel will spin tunes, as will a handful of guest DJs. Keep the party going through Sunday, where the bar will host a barbecue and record swap during the day. 21+. 9 p.m. to 2 a.m. Friday and Saturday. \$5. 315 14th Ave. SE, Minneapolis; 612-331-9800. **Through Saturday —JESSICA ARMBRUSTER**

ART

NIGHTS OF THE LIVING GLITCH ART

ARTSPACE JACKSON FLATS

When a VHS tape gets stretched too far, a thumb drive gets corrupted, or a video game freezes, some artists see art, protest, and politics. Over the years, this reframing of technological failure has yielded its own creative movement, dubbed glitch art. This weekend, the gallery at Jackson Flats will be showcasing works from Glitch Artists Collective members and others experimenting in the form locally. Expect video installations, image stills, and perhaps even an interactive piece or two. The opening party will feature

artists and will be emceed by Misha Estrin, whom many may know as the friendly "free hugs" guy. 7 to 10 p.m. Friday through Saturday. \$10-\$20 suggested donation. 901 18 1/2 Ave. NE, Minneapolis; 612-333-9012. **Through Saturday —JESSICA ARMBRUSTER**

SATURDAY 8.25

BARHOPPING

SUMMER BEER DABBLER 2018

CHS FIELD

Featuring more than 130 craft breweries representative of local, regional, and national markets, the 10th annual Summer Beer Dabbler offers a delirious lineup of some 400-plus beers, all but guaranteeing elixirs to satisfy every palate, from the novice drinker to the most experienced imbibers. Admission to the festival grants unlimited samples, allowing participants to take a chance on rarely encountered styles and flavors or to simply quench their thirst with reliable favorites. Ambitious innovators can even enter their own bottled concoctions in a homebrew contest. With beer flowing so freely, edible sustenance is essential, a factor covered by an array of food vendors. Those seeking a break from the sampling can partake in a variety of games, dance at a silent disco, or enjoy a diverse musical lineup consisting of DJ Tiiiiiiiiip, Lakame, and the Black-eyed Snakes. The event culminates in a fireworks display that should leave attendees buzzing with enthusiasm for the exhilaratingly potent state of beer. Find tickets and more info at beerdabbler.com. 21+. 5:30 to 9 p.m. \$50-\$70; \$20 designated driver. 360 N. Broadway St., St. Paul; 651-266-6400. **—BRAD RICHASON**

FESTIVAL

TWIN CITIES WATER LANTERN FESTIVAL

LAKE PHALEN

The Water Lantern Festival offers an opportunity to bid farewell to summer on a refreshingly tranquil note. The concept alone is gratifyingly simple, as the family-friendly gathering invites communities to congregate for a relaxed evening devoted to crafting eco-friendly water lanterns from wood and rice paper. Participants are encouraged to inscribe their own sentiments upon their lanterns, whether solemn or silly, and to express ruminations, observations, and aspirations. These personalized sentiments will be set adrift after sunset, as the softly glowing lanterns are launched upon the serene waters of Lake Phalen, lending a soothing pool of peaceful illumination to the evening. The community camaraderie is further underscored by participants being invited to bring their own blankets and snacks (or partake of the numerous food trucks on-site). Organizers will handle the cleaning of the lake and grounds after the event, keeping with the festival's environmental commitment. Following the exasperating series of conflicts that clouded the summer of 2018, the Water Lantern Festival represents a fleeting chance to conclude the season with a joyfully harmonious memory. Find tickets and more info at www.waterlanternfestival.com. 5 to 10:30 p.m. \$12-\$30; \$40 at the gate. 1400 Phalen Dr., St. Paul; 651-632-5111. —BRAD RICHASON

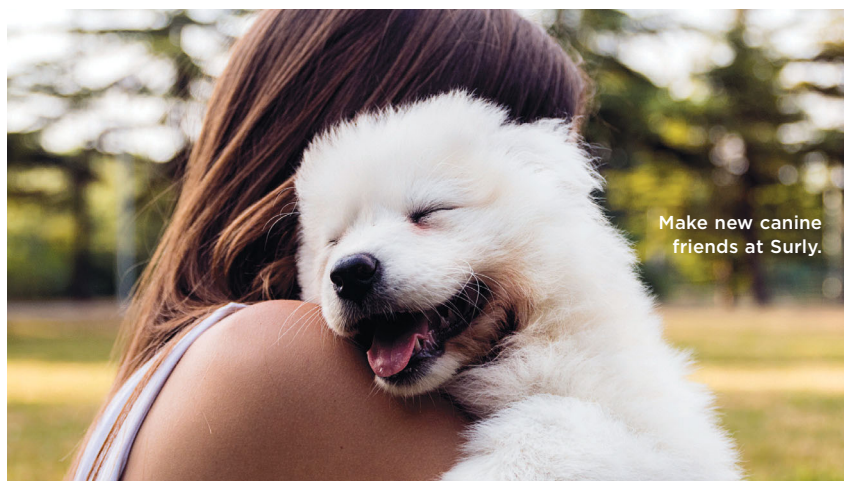
SUNDAY 8.26

BARHOPPING

I AM RESCUED

SURLY BREWING COMPANY

Humans aren't the only creatures enjoying Twin Cities patios in the summertime; these days, dogs are often invited, too. This Sunday, Surly will become dog-friendly for I AM Rescued, a benefit beer party for pups and people. Take your dog through an agility course and pose for pics in the photobooth. There will also be a catwalk featuring local celebs and their pooches in fashionable threads, all narrated by Sarah Edwards of I AM MPLS/ST. PAUL. Surly will be serving up all their popular brews all afternoon, of course, and you'll find pizza upstairs. All proceeds from the event will benefit Canine Inspired Change, a program that works with at-risk kids through animal bonding. Noon to 5 p.m. Free. 520 Malcolm Ave. SE, Minneapolis; 763-535-3330. —JESSICA ARMBRUSTER



Make new canine friends at Surly.

GETTY

PERFORMANCE

CIRCUS IN THE PARK 2018

POWDERHORN PARK

Most circus events are pricey. But this Sunday, the circus is coming to the park for a free show. There will be no animals or big tops, just pure acrobatic arts. Watch athletes fly through the air on the trapeze, twist and turn on hanging silk, and spin on a lyra. These feats of strength, beauty, and daring will be performed on Powderhorn's grassy lawn. Bring a blanket, some picnic supplies, and be entertained. 12:30 to 3:30 p.m. Free. Minneapolis. —JESSICA ARMBRUSTER

2018 Minnesota Renaissance Festival

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FILM

PRAY AWAY THE GAY

The Miseducation of Cameron Post is a horror story of gay conversion therapy



JEONG PARK / FILMRISE

BY TONY LIBERA

“No one’s beating us,” our heroine tells an investigator late in *The Miseducation of Cameron Post*.

But that doesn’t mean she trusts the people in charge of the gay conversion facility where she’s housed.

Teenaged Cameron (Chloë Grace Moretz) was sent here—a remote camp called God’s Promise—after she was discovered fooling around in the backseat of a car with a girl named Coley (Quinn Shephard). It’s here that Dr. Lydia Marsh (Jennifer Ehle) and her allegedly converted brother Reverend Rick (John Gallagher Jr.) begin Cam’s “recovery,” likening same-sex attraction (or SSA as they call it) to drug addiction and cannibalism, and offering such nonsense maxims as, “There’s no such thing as homosexuality. There’s only the same struggle with sin we all face.”

While the subject matter lends itself to

a narrative focused on extremes, director Desiree Akhavan fleshes out Emily M. Danforth’s novel with a subtlety that better illustrates the insidiousness of these organizations and even, to some degree, organized religion as a whole.

The film takes place in 1993, but aside from hearing 4 Non Blondes on the radio, it feels like it could just as well be set today—a thought that should frighten any viewer. But Cameron is for the most part unfazed by her situation. She’s unhappy, sure, but the lack of obvious aggression on the part of her so-called caretakers makes it easy enough to skate through their pseudoscience with her mind still intact. She bonds with two other attendees named Jane (Sasha Lane) and Adam (Forrest Goodluck) over their mutual interest in smoking weed. Even though the camp psychologically pits kids against each other, her chances of riding out God’s Promise feel pretty good.

Until, that is, the moment when Cameron starts to wonder if maybe she’s wrong.

Akhavan does a fantastic job here of toy-

THE MISEDUCATION OF CAMERON POST
directed by Desiree Akhavan
now open, Uptown Theatre

ing with expectations. Dr. Marsh reminds us of a muted Nurse Ratchet, but Cameron is by no means a McMurphy. It might have been gratifying to see Cam fight back tooth and nail against her oppressors, but her gradual compliance feels not only more true to life but scarier. Akhavan sets up scenes so that any time Cam diverges from the straight and narrow—getting high, stealing a cassette, masturbating—it feels as though Dr. Marsh or Rick will leap out from the shadows like Leatherface to expound on sin and the merits of Christian virtue.

The Miseducation of Cameron Post offers an affecting portrait of both young queer identity and general adolescence, one that will resonate deeply not only with members of the LGBTQ community, but also anyone who has strained under the yoke of religious indoctrination. In the United States, that’s a lot of people. **C+**

MINING MINNESOTA

Mixed Precipitation gives opera a local touch

BY JAY GABLER

The many fans of Mixed Precipitation's Picnic Operetta will be glad to know that for the company's 10th annual production, they're staying true to the eclectic vision that's made the show a summer standby across the state of Minnesota. It's opera, it's pop, it's a picnic, it's a play.

This year's production, *Dr. Falstaff and the Working Wives of Lake County*, is adapted by Scotty Reynolds from Otto Nicolai's 1849 opera *Die lustigen Weiber von Windsor*, which was itself an adaptation of Shakespeare's *Merry Wives of Windsor*. Kym Longhi handled the stage direction, keeping the lovably loose show just this side of shambolic.

Reynolds sets the action in northern Minnesota circa the 1970s, when the Reserve Mining Company was facing off against the newly formed Environmental Protection Agency regarding the practice of dumping taconite tailings into Lake Superior. The resulting decision, against Reserve Mining, was a landmark that established the EPA's broad right to regulate corporate pollution. (The Trump-era EPA, of course, would be happy to let Duluth drink asbestos.)

As miner Stan Ford (Alex Adams-Leytes) stewes over his lost job and fisherman Kermit Page (Nora Rickey) stewes over his devastated ecosystem, the randy Dr. Falstaff (Nick Miller) lands in town, ready to speculate on the town's depressed real estate and on the workers' depressed wives (Naomi Karstad and Anna Hashizume). Can Mineral Bay get its groove back and expel the shameless Falstaff?

In true opera fashion, the plot is full of confusing conflicts and odd detours, but even the kids in Friday's opening-night audience at Washburn Fair Oaks Park (the itinerant outdoor production is presented at a range of different venues) got it and giggled when the wives stuffed Falstaff into a hamper and gave him a sound laundering along with their kids' hockey togs.

In addition to the operatic arias, accompanied by music director Gary Ruschman's eclectic band, there are a few Springsteen songs in keeping with the play's proletarian



SARAH BAUER

DR. FALSTAFF AND THE WORKING WIVES OF LAKE COUNTY

various locations
mixedprecipitation.org; through October 7

themes. "Blinded By the Light" turns into a jubilant finale, and a rendition of "My Hometown" by Leif Hove and Joni Griffith (who's also the MVP of the show's acting corps) is quietly haunting.

There are snacks—sustainable and strange. Chocolate taconite tailings, German potato salad, "mossy rock" puff balls, seasoned cucumber slices, and bizarre beet Jell-O shots—non-alcoholic, though you might want to reach for your flask to wash them down.

Mindful of the fact that questions of mining regulation are still explosive on the Iron Range, Reynolds doesn't hit the politics too hard: Using a working fisherman, instead of environmental activists, as a foil for the miners seems very deliberate. The center of the show is really Falstaff, with the nautically garbed Miller swinging his hips like a cross between Elvis Presley and Rodney Dangerfield.

The show's visual highlight is the headgear in which Falstaff gets his comeuppance: a set of hockey-stick antlers that looks like it ought to be mounted on the wall of the Mineral Bay Bar and Lounge. **G**

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STREET *Style*

NIGHT AT THE MUSEUM Mia's Third Thursday: Design Night with AIGA **BY AMY GEE**



ANNE ULKU

34, GRAPHIC DESIGNER

What are you wearing?

Hackwith top, pants and Halogen shoes from Nordstrom.

Describe your style:

Simple and modern with structure and variations of texture, accents of pattern, and small splashes of color.

Where do you get style inspiration?

As a designer, I am constantly keeping track of various visual trends and applying them to my own personal style.

Favorite designers and brands:

Local makers like Winsome and Hackwith. I'm a fan of eco-friendly practices.



ANTHONIA EBOREIME

26, EVENT COORDINATOR

What are you wearing?

Crop top and pants from Forever 21, Vans shoes, H&M earrings.

Describe your style:

Fun, comfortable, loud sometimes, subtle sometimes, bright colors. I like to show off my curves. I'm not scared to take style risks.

Where do you get style inspiration?

Janelle Monae, Solange, Rihanna, Tracee Ellis Ross.

Favorite designers and brands:

Zac Posen, Christian Siriano, Off-White, Public School, Kith.



ALEXANDRIA COCHRAN

27, FLIGHT ATTENDANT

What are you wearing?

Vintage playsuit from an antique store in Hopkins, shoes from Goodwill in St. Louis Park, vintage scarf, Dean Accessories bag.

Describe your style:

Drunk '60s housewife without kids.

Where do you get style inspiration?

Travel, airports, people-watching, not magazines. I don't look at magazines.

Favorite designers and brands:

No brands. I'm not loyal to any brands. All thrifted, all the time.

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BY ANNIE ZALESKI

Prestige reissues are no longer strictly the domain of audiophiles and classic rockers. The seemingly limitless nostalgia and fascination for the '80s underground means that labels are now often giving the catalogs of seminal alternative-leaning bands the deluxe treatment. Albums by the Smiths, New Order, Depeche Mode, and R.E.M. have all received well-deserved revamps while, more recently, the output of Flaming Lips, Pixies, and White Zombie, as well as hometown heroes the Replacements and Hüsker Dü, have hit stores.

Now, thanks to Omnivore Recordings, the label responsible for putting Trip Shakespeare's *Are You Shakespearienced?* and *Applehead Man* back into circulation, Soul Asylum is finally receiving the lavish reissue treatment. Omnivore recently released revamped versions of the band's first two albums, 1984's *Say What You Will... Everything Can Happen* and 1986's *Made to Be Broken*, packaged with a generous number of bonus tracks on each.

These albums capture Soul Asylum at their off-kilter best, just several years after the band—driven by the core trio of vocalist/guitarist Dave Pirner, guitarist Dan Murphy, and late bassist Karl Mueller—originally coalesced under the name Loud Fast Rules. As local history goes, the band then changed their name to Soul Asylum, thrashed through the '80s, and languished on a major label before 1992's *Grave Dancers Union* became a multiplatinum success.

From a national perspective, the latter album is something of an albatross. Such massive exposure means the band will always have people who view them only through that lens, and ignore the group's '80s output. In other words, although *Grave Dancers Union* installed Soul Asylum in the '90s alternative-nation upper echelon, it also gave many people the wrong idea about the band.

You might say Soul Asylum's Cliffs-Notes summary is more often perceived as ragged folk or the generic-sounding '90s modern rock, rather than the more precise shit-kicking, scrappy punk band with vintage country and classic rock pulsing through their veins. The cognitive dissonance between breakneck hardcore oddities and the Top 5 hit "Runaway Train" is too great.

PRE-MODERN ROCK

Two new reissues allow us to re-examine Soul Asylum's '80s legacy



Soul Asylum, 1990

PRESS PHOTO

The reissues of *Say What You Will... Everything Can Happen* and *Made to Be Broken* go a long way toward correcting any misconceptions and connecting the dots between eras.

Although the original full-lengths were produced by Bob Mould, these versions are co-produced by Twin/Tone Records co-founder Peter Jespersen and Omnivore Recordings co-founder Cheryl Pawelski.

The personal, fan-driven flourishes are evident throughout—from the flyers and old photos decorating the album booklets to the liner notes written by old-school fans Robert Vodicka and Gina Arnold. These touches make all the difference, as it's clear everyone involved is motivated to do justice to these records.

In the case of *Made to Be Broken*, this is especially long overdue. The first album to feature drummer Grant Young (original member Pat Morley had left in 1985), the full-length is a burnt-sugar power-pop classic overflowing with molten melodies and desperate harmonies. Pirner's lyrics are skeptical and searching, full of free-floating restlessness and discontent that's enormously appealing and affecting.

And while there are certainly nods to Hüsker Dü—in particular "Tied to the Tracks" and the CD bonus track "Long Way Home"—*Made to Be Broken* is forward-glancing. The supercharged Southern rock of "Growing Pain" and touching folk number "Never Really Been" presaged the country-punk that would soon bubble up out of the Midwest thanks to bands such as Uncle Tupelo, while other moments revel in genre-busting weirdness—the boogie-woogie piano slightly behind the beat on "Ain't That Tough," for example, or the jazzy sizzle driving the rhythms of "Another World, Another Day."

A rickety-waltz version of the latter song, with Pirner contributing wary saxophone, is one of nine unreleased tracks on the *Made to Be Broken* reissue. (In fact, his woodwind contortions add reckless charm to multiple songs throughout these two records.) Other highlights include an even more urgent and desperate alternate take on Murphy's already-hungry "Can't Go Back"; the screaming white noise machine that's "Fearless"; and the loose-hinged, lighthearted "Ramblin' Rose," which shows off Soul Asylum's playful side.

Say What You Will... Everything Can Happen wears its influences equally well, if not more obviously. The Replacements' earliest records are certainly inspirations (Pirner even growls and bellows like Paul Westerberg in spots), while it's impossible not to hum the Velvet Underground's "Sweet Jane" over the saxophone-aided mood piece "Stranger." However, the album is looser—crank up the greaser Van Halen vibes of "Money Talks," the outlaw-punk gallop "Stranger," and the cynical social commentary underscoring the tensile "Religiavision"—and stranger,

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THE HIGH KINGS with *SisterTree*
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courtesy of the Time's Incinerator / Karl Sold the Truck bonus tracks.

The ringing hardcore burst "Spacehead" segues directly into the furious power-punk uppercut "Broken Glass." And if Soul Asylum were a hardcore band crashing a genteel wedding, they'd no doubt be blasting "Masquerade," which also starts off as careening hardcore before shifting sharply to strolling rockabilly with jazz-lounge sax and Pirner serving as a raconteur-like ringleader.

The real curios on *Say What You Will...* *Everything Can Happen* are the Loud Fast Rules demos, included as bonus tracks, which illustrate how much of Soul Asylum's surface sloppiness was the band settling into a groove. "Job for Me" hews toward deconstructed swing-jazz; "Nowhere to Go" segues from a wobbly '50s slow dance into a punk-pop; and the scattered, sparse "Out of Style" features more of Pirner's ghostly sax.

There's only one unreleased song from this era, the throttling hardcore number "Cocktails," although it's a worthy, sub-two-minute demo full of piss and vinegar. And the gleeful, distorted cover of Creedence Clearwater Revival's "Bad Moon Rising" is faithful to the sighing gloom of the original while being almost cheerful about such fatalism.

Extensive reissues are certainly for die-hard fans. But the most successful re-releases also illuminate dusty corners of an artist's catalog, and convince the uninitiated (and unconvinced) of musical greatness. *Say What You Will...* *Everything Can Happen* and *Made to Be Broken* both succeed—and, perhaps even more important, lobby for Soul Asylum to have a much bigger, more respected place in the '80s underground canon. **CP**

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MUSIC CRITICS' PICKS

PEDRO THE LION

FINE LINE MUSIC CAFE, WEDNESDAY 8.22
The most popular and best-loved project of Seattle indie-rock lifer David Bazan is back. Pedro the Lion had a good initial run from the late '90s to the mid-'00s, playing a "sadcore" sound with earnest, introspective lyrics. Bazan has remained active since, releasing albums under his government name (including three in just the past two years) and with the bands Headphones and Lo Tom. Devoted Pedro fans were thrilled when the band reunited last December. With H.C. McEntire. 18+. 7 p.m. \$22-\$35. 318 First Ave. N., Minneapolis; 612-338-8100. —MICHAEL MADDEN

LIL BABY

VARSITY THEATER, FRIDAY 8.24
Groomed by famed Quality Control Music co-founders Coach K and Pee, Atlanta's Lil Baby just started rapping in 2017, but he's already practically at rap's forefront. Given his melodic, post-Young Thug sound and steady output (four mixtapes and an album so far), it's a status Baby was on his way to achieving even before May's Drake collaboration, "Yes Indeed," launched him to a new level. Lil Baby has grown from release to release, most recently on his studio debut, *Harder Than Ever*. With YK Osiris. 15+. 8 p.m. \$32. 1308 Fourth St. SE, Minneapolis; 612-217-7701. —MICHAEL MADDEN

HAPPY APPLE

DAKOTA JAZZ CLUB, FRIDAY 8.24
Call it prog-jazz, jazz-punk, or the place where drummer Dave King found the code for his mojo; Happy Apple are one of the more enriching, integral, and influential ensembles to grace the Twin Cities in the past quarter-century. Although they haven't cut an album in more than a decade, the music will be of the moment, with bassist Erik Fratke and saxophonist Michael Lewis ready to share King's love of catchy melodies and splattered dissonance as tandem tonics. 7 & 9 p.m. \$20-\$25. 1010 Nicollet Mall, Minneapolis; 612-332-1010. —BRITT ROBSON

SEU JORGE

PANTAGES THEATRE, FRIDAY 8.24
North American audiences know Seu Jorge mostly through his indelible cameos singing David Bowie songs in Portuguese during Wes Anderson's 2004 film, *The Life Aquatic with Steve Zissou*, and his run of Bowie tribute concerts. But recent shows suggest this gig will be Seu Jorge the samba-funk star from the Brazilian favelas, who will emphasize a treasure trove of his own bracing music along with the occasional cover of Bowie and other far-ranging artists. All ages. 8 p.m. \$33.50-\$48.50. 710 Hennepin Ave., Minneapolis; 612-339-7007. —BRITT ROBSON

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Duluth bluegrass heroes Trampled by Turtles returned in May with *Life Is Good on the Open Road*, their first album in four years and third to debut at No. 1 on Billboard's bluegrass chart. The album followed a hiatus the band took to pursue other endeavors (including frontman Dave Simonett's 2017 post-divorce album as Dead Man Winter), and they sound successfully recommitted and chemistry-fueled. TBT is the only Minnesota act headlining a Grandstand performance at this year's State Fair. With Lord Huron and Lissie. 6 p.m. \$35. 1265 Snelling Ave. N., St. Paul; 800-514-3849. —MICHAEL MADDEN

MICHAEL FRANTI & SPEARHEAD

MINNESOTA ZOO, SATURDAY 8.25

Franti gigs are best outdoors because the hop-around dynamo of energy he invariably generates fills the space anyway. And because he is a good-natured dude in more ways than one; his amalgam of hip-hop, reggae, funk, and rock is viscerally communal. With a new film/album (*Stay Human*), a happy marriage, and a kid on the way, Franti will be on cloud 10—and hoist you up there by the end of the gig. All ages. 7:30 p.m. \$55-\$67.50. 13000 Zoo Blvd., Apple Valley; 952-431-9200. —BRITT ROBSON

BLACK PUMAS

TURF CLUB, SUNDAY 8.26

Every now and then a voice comes along that interrupts your routine with its resonance. Eric Burton is one of those voices, reminiscent of old souls ranging from Al Green back to Jackie Wilson to Sam Cooke in its amiable fluidity. Burton's band, the Black Pumas, is produced by Grupo Fantasma honcho Adrian Quesada and billed as psychedelic soul. But make no mistake: Burton is the epicenter, and it'll definitely be worth catching this phase of his promising career. 21+. 7 p.m. \$12-\$15. 1611 University Ave., St. Paul; 651-647-0486. —BRITT ROBSON

DAVIDO

FIRST AVENUE, TUESDAY 8.28

Nigerian singer Davido is an Afropop superstar building a global movement, winning Best International Act at June's BET Awards. Though he's only released one album, 2012's *Omo Baba Olowo*, he's enjoyed a consistent run of irresistibly upbeat singles. He's also collaborating more and more with stars across the world, including Meek Mill, Young Thug, and Jamaican dancehall star Popcaan. This show kicks off Davido's 12-stop U.S. tour and precedes a performance at Jay-Z's Made in America Festival in Philly. 18+. 8 p.m. \$25. 701 First Ave. N., Minneapolis; 612-338-8388. —MICHAEL MADDEN

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Aug. 25... Vibronauts 9:30pm - 1am

Aug. 26... Doug Otto & Friends
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FREE WILL ASTROLOGY

>> *By Rob Brezsny*

ARIES (March 21-April 19): The two pieces of advice I have for you may initially seem contradictory, but they are in fact complementary. Together they'll help guide you through the next three weeks. The first comes from herbalist and wise woman Susun Weed. She suggests that when you face a dilemma, you should ask yourself how you can make it your ally and how you can learn the lesson it has for you. Your second burst of wisdom is from writer Yasmin Mogahed: "Study the hurtful patterns of your life. Then don't repeat them."

T **TAURUS** (April 20–May 20): Speak the following declaration aloud and see how it feels: "I want strong soft kisses and tender unruly kisses and secret truth kisses and surprise exhilaric kisses. I deserve them, too." If that puts you in a brave mood, Taurus, add a further affirmation: "I want ingenious affectionate amazements and deep dark appreciation and brisk misanthropic lessons and crazy sweet cuddle wrestles. I deserve them, too." What do you think? Do these formulas work for you? Do they put you in the proper frame of mind to co-create transformative intimacy? I hope so. You're entering a phase when you have maximum power to enchant and to be enchanted.

I GEMINI (May 21-June 20): As you map out your master plan for the next 14 months, I invite you to include the following considerations: an intention to purge pretend feelings and artificial motivations; a promise to change your relationship with old secrets so that they no longer impinge on your room to maneuver; a pledge to explore evocative mysteries that will enhance your courage; a vow to be kinder toward aspects of yourself that you haven't loved well enough; and a search for an additional source of stability that will inspire you to seek more freedom.

Q CANCER (the 21 July 20'22): If you have been communing with your horoscopes for a while, you've gotten a decent education—for free! Nonetheless, you shouldn't depend on me for all of your learning needs. Due to my tendency to emphasize the best in you and focus on healing your wounds, I may neglect some aspects of your training. With that as caveat, I'll offer a few meditations about future possibilities. 1. What new subjects or skills do you want to master in the next three years? 2. What's the single most important thing you can do to augment your intelligence? 3. Are there dogmas you believe in so fixedly and rely on so heavily that they obstruct the arrival of fresh ideas? If so, are you willing to at least temporarily set them aside?

Q Leo (July 23-Aug. 22): "All the world's a stage," wrote Shakespeare, "And all the men and women merely players." In other words, we're all performers. Whenever we emerge from solitude and encounter other people, we choose to express certain aspects of our inner experience even as we hide others. Our personalities are facades that display a colorful mix of authenticity and fantasy. Many wise people over the centuries have deprecated this central aspect of human behavior as superficial and dishonest. But author Neil Gaiman thinks otherwise: "We are all wearing masks," he says. "That is what makes us interesting." Invoking his view—and in accordance with current astrological omens—I urge you to celebrate your masks and disguises in the coming weeks. Enjoy the show you present. Dare to entertain your audiences.

♍ VIRGO (Aug. 23-Sept. 22): I think you've done enough rehearsals. At this point, the apparent quest for a little extra readiness is beginning to lapse into procrastination. So I'll suggest that you set a date for opening night. I'll nudge you to have a cordial talk with yourself about the value of emphasizing soulfulness over perfectionism. What? You say you're waiting until your heart stops fluttering and your bones stop chattering? I've got good news: The greater your stage fright, the more moving your performance will be.

LIBRA (Sept. 23-Oct. 22): In all the time we've worked on diminishing your suffering, we may have not focused enough on the fine art of resolving unfinished business. So let's do that now, just in time for the arrival of your Season of Completion. Are you ready to start drawing the old cycle to a close so you'll be fresh when the new cycle begins? Are you in the mood to conclude this chapter of your life story and earn the relaxing hiatus you will need before launching the next chapter? Even if you don't feel ready, even if you're not in the mood, I suggest you do the work anyway. Any business you leave unfinished now will only return to haunt you later. So don't leave any business unfinished!

♏ SCORPIO (Oct. 23–Nov. 21): Are you ready to mix more business with pleasure and more pleasure with business than you have ever tried? I predict that in the coming weeks, your social opportunities will serve your professional ambitions and your professional ambitions will serve your social opportunities. You will have more than your usual amount of power to forge new alliances and expand your web of connections. Here's my advice: Be extra charming, but not grossly opportunistic. Sell yourself, but with grace and integrity, not with obsequiousness. Express yourself like a gorgeous force of nature, and encourage others to express themselves like gorgeous forces of nature.

♐ SAGITTARIUS (Nov. 22-Dec. 21): "When I picture a perfect reader," wrote philosopher Friedrich Nietzsche, "I picture a monster of courage and curiosity, also something subtle, cunning, cautious, a born adventurer and discoverer." I suspect he was using the term "monster" with a roughish affection. I am certainly doing that as I direct these same words toward you, dear Sagittarian reader. Of course, I am always appreciative of your courage, curiosity, cunning, suppleness, and adventurousness. But I'm especially excited about those qualities now, because the coming weeks will be a time when they will be both most necessary and most available to you.

♈ CAPRICORN (Dec. 22-Jan. 19): You do not yet have access to maps of the places where you need to go next. That fact may tempt you to turn around and head back to familiar territory. But I hope you'll press forward even without the maps. Out there in the frontier, adventures await you that will prepare you well for the rest of your long life. And being without maps, at least in the early going, may actually enhance your learning opportunities. Here's another thing you should know: Your intuitive navigational sense will keep improving the farther you get from recognizable landmarks.

AQUARIUS (Jan. 20-Feb. 18): Healing isn't impossible. You may not be stuck with your pain forever. The crookedness in your soul and the twist in your heart may not always define who you are. There may come a time when you'll no longer be plagued by obsessive thoughts that keep returning you to the tormenting memories. But if you hope to find the kind of liberation I'm describing here, I advise you to start with these two guidelines: 1. The healing may not happen the way you think it should or imagine it will. 2. The best way to sprout the seeds that will ultimately bloom with the cures is to tell the complete truth.

X PISCES (Feb. 19–March 20): Nineteenth-century British painter J. M. W. Turner was one of the greats. Renowned for his luminous landscapes, he specialized in depicting the power of nature and the atmospheric drama of light and color. Modern poet Mary Ruefle tells us that although he “painted his own sea monsters,” he engaged assistants “to do small animals.” She writes that “he could do a great sky, but not rabbits.” I’m hoping that unlike Turner, you Piscean folks will go both ways in the coming weeks. Give as much of your creative potency and loving intelligence to the modest details as to the sweeping vistas.

freewillastrology@freewillastrology.com

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CROSSWORD

1	2	3	4		5	6	7	8	9		10	11	12	13
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60					61						62			63
64					65						66			
67					68						69			

CARRYING A PIECE

BY BRENDAN EMMETT QUIGLEY

Across

- 1 Without
5 They might be checkered
10 Job for a snake
14 Quaker pronoun
15 Advice for soreness
16 Shakespeare character
who says “I am not
what I am”
17 Picked up the check
18 Roar from a crowd
19 Work the field
20 Actress Shields did
her homework?
23 Carrier based out
of Schiphol
24 Hit the fridge, say
25 Tough-guy actor

60 Crossed-fingers thought

- 61 "Really...?!"
62 Attempt
64 Panda's home
65 Childish defensive retort
66 Just one of the guys
67 First president buried
at Arlington National
Cemetery
68 Long spans
69 Finally stops

Down

- her homework?
- 23 Carrier based out
of Schiphol
- 24 Hit the fridge, say
- 25 Tough-guy actor
Steve's tool?
- 31 Short note?
- 32 Muslim mystic
- 33 Pant crease
- 36 Small colt
- 38 School room with
servers, maybe
- 41 California "valley"
- 42 NJ base
- 44 Fails in some video games
- 46 Jeong of "Crazy
Rich Asians"
- 47 Element of a swindle?
- 51 Trough holder
- 52 Enemy
- 53 Start showing piscine
features?

- 1 Lubricant with an oval logo
- 2 White whale hunter
- 3 Creepy film genre
- 4 Digital puzzle?
- 5 Restorative beer, e.g.
- 6 Soreness
- 7 Pore through
- 8 Land at an Argentine airport?

- (comic strip)
- 30 Hands-on alternative
medicine
- 34 “Praise Jesus”
- 35 Chime noise
- 37 “Name one!”
- 39 Goal
- 40 Flank and rib
- 43 Capital of China’s
Shaanxi province
- 45 Ancient promenade
- 48 Big name in GPUs
- 49 DNA carrier
- 50 “I’m drowning here!”
- 53 Home run hit
- 54 Town with a famous tower
[eye roll]
- 56 “Lady doctor,” briefly
- 57 “I’m almost done”
- 58 Panache
- 59 “You convinced me!”
- 63 Fist pump word

Last Week's Answer

C	S	P	A	N		U	P	C		A	D	A	M
O	H	A	R	E		O	T	R	A		F	R	E
P	O	L	I	T	E	B	E	E	R		F	A	T
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H	E	I	S	T		R	O	M	A	N		H	B
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P	E	T			B	L	I	S	T		T	I	N
			I	R	A	N			A	N	D	E	A
	P	O	D	U	N	K		C	O	N	T	E	S
D	I	G	I	T			A	D	O			W	E
U	N	D	O		P	O	T	E	N	T	S	A	L
S	T	E	M		O	U	T	S			E	A	R
T	O	N	S		W	R	Y			A	L	D	E

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Safe Sex

Can controlled intimacy help
me overcome my fears?



Dan Savage

I'm in a pickle. All I want is to experience touch, intimacy, and sexual pleasure—but without freaking out. I grew up with a lot of negative messages from men due to developing early, as well as having some other physical/sexual trauma (no rape or abuse), but the combination has me seriously fucked up. Whenever I get close to physical intimacy with someone, I run away. I actually faked an emergency once and physically ran away because I knew sex was a possibility that night. I'm not a virgin—but in those instances, I've been really drunk (and experienced no emotional/physical pleasure). This is not what I want for my life. I want a relationship and love, and to be open and comfortable with someone expressing their care for me in a physical way without panicked thoughts flooding my brain. I've done lots of therapy, which has helped, but not enough. I recently heard of something called a sexual surrogate. From what I understand, it's somebody who is trained to therapeutically provide physical touch and intimacy in a controlled and safe environment. Are they legit?

SHE CAN'T ADEQUATELY RELEASE
EXTREME DREAD

Sexual surrogates are legit, SCARED, but please don't call them sexual surrogates.

"We'd like to see the language shift back to 'surrogate partner,' which was the original term," said Vena Blanchard, president of the International Professional Surrogates Association (IPSA). "The treatment program was based on the theory that many people had problems that required the help of a cooperative partner, and some people didn't have partners. So they trained people to work as 'partner surrogates.' The media changed the term to 'sexual surrogate' because it sounded sexier. But 'sexual surrogate' implies that the work is all about sex."

So if surrogate partner therapy is not all about sex, then what is it about?

"Surrogate partner therapy is a therapeutic treatment that combines psychotherapy with experiential learning," said Blanchard. "It's a program designed for people like SCARED, for people who struggle with anxiety, panic, and past trauma—things that can distort a person's experience in the moment."

Surrogate partner therapy happens in stages, with each progressive stage representing another "teeny, tiny baby step," as Blanchard put it.

"The client first works with a legitimate therapist until the therapist thinks the client is ready to work with a surrogate partner," said Blanchard. "You may start by sitting in opposite chairs and just talking. At some point, they might sit and hold hands, practice relaxation techniques, and focus on simple sensations. In the next session, they might touch each other's faces with their hands."

Sex can and does sometimes occur in the later stages of surrogate partner therapy, SCARED, but it doesn't always and it's not the goal—healing is.

"By having these repeated safe experiences, in a context where there's no pressure, and consent is emphasized, and the patient is in control," said Blanchard, "prior negative experiences are replaced with positive new experiences."

So, are surrogate partners sex workers?

"A sex worker offers a sexual experience—that is the primary intention of what is a business transaction," said Blanchard. "What a surrogate partner offers are healing and education. And while healing and education might also take place in a sex-work environment, the primary intention is different."

Is it legal?

"There's no place that it's illegal," said Blanchard. "There's never been a court case challenging it. In California, where surrogate partner therapy is most common, no one has ever in 50 years challenged it."

If you're interested in working with a surrogate partner, SCARED, you can contact the referrals coordinator at IPSA's website: surrogatetherapy.org. That said, the number of trained and qualified surrogate partners is relatively small—IPSA has just 70 members.

"Since there aren't many qualified surrogate partners available," said Blanchard, "people sometimes need to travel to another location and work intensively. People will come for two weeks and work every single day with a therapist and a surrogate partner."

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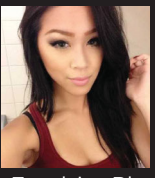
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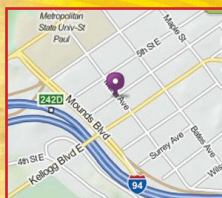
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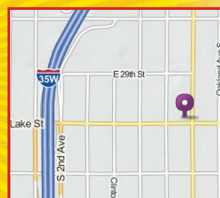
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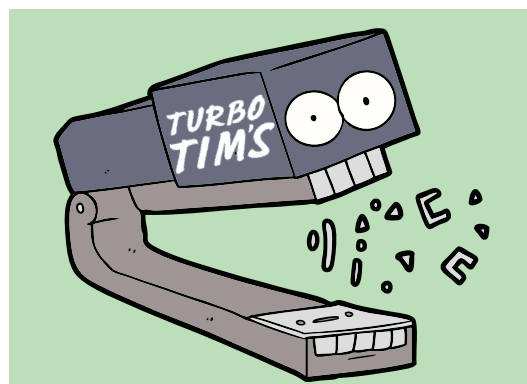
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